

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Friday, December 28, 2012 3:52 PM
To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #324

Carleton Masters Swimming Newsletter #324

Friday, December 28th, 2012

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (8 addresses), Masters "Alumni" (26 addresses).

"The fight is won or lost far away from the witnesses, behind the lines, in the gym, and out there on the road; long before I dance under those lights". – Muhammad Ali

Masters Program Notes and Cancellations

- There is one last interim pay-as-you-go (\$4.85) workout: **noon-1:15pm Sat Dec 28th**.
 - Claudia is coaching and the theme is short dist fs/ch.
- The Winter session starts **Wed Jan 2nd** (Earlybirds), **Thu Jan 3rd** (Whitecaps), and/or **Sat Jan 5th** (Saturdays).
 - The Winter Workout themes can be found at: <http://carletonmasters.tripod.com/mastplanwint13.pdf>.
- The Carleton pool and building hours will be a different from usual until **Mon Jan 7th**. Check out the details at: <http://athletics.carleton.ca/hours/>. Note that the facility is closed Dec 31st and Jan 1st.
- Please register for the Winter session if you are planning to swim and have not already done so.
 - Program details (times, dates, prices, etc.) can be found near the end of the newsletter.
 - The 6pm Whitecaps and 7:30am Earlybirds are full – waitlists available.
 - If you are on the waitlist and haven't heard from me, please get in touch!
 - The other groups (especially Saturday) are filling up.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Cynthia and Kevin Nelson** (both 7:10pm Whitecaps). They are expecting their first child in May!
- **David Chernushenko**, husband of **Marie-Odile Junker** (8:30am Earlybirds), was voted best Ottawa City Councilor by the Metro paper readers. Keep up the good work, David!
- An adult recreational water polo program is running at Brewer Pool Thu 8:30-10pm Jan 10 to May 30th. Cost is \$250+HST. Register at: registrar@ottawawaterpolo.com. For more details contact: Angie Meier meiera66@hotmail.com.
- Carleton is offering kids holiday sports camp and a tennis camp from Jan 2-4th. Full details at: <http://athletics.carleton.ca/camps/holiday/holiday-sports-camp/>.

Swimming Links:

- Nancy's December Masters Swimming Canada News: <http://www.youtube.com/watch?v=JaTgnHA35aM>
- Funny Snowmen (some swimming/diving scenes): <http://www.collegehumor.com/embed/6670456/a-very-calvin-and-hobbes-christmas>

News and Links:

- Get Fit Post-Olympics in just 60 Seconds!? (Ed Note: Sorry – won't work for someone already involved in sport!): <http://medicalxpress.com/news/2012-09-post-olympics-seconds.html>
- Morning Person Advantage in Endurance Events: <http://www.runnersworld.com/health/morning-person-advantage>
- Why Afternoon May Be the Best Time to Exercise: <http://well.blogs.nytimes.com/2012/12/12/why-afternoon-may-be-the-best-time-to-exercise/>
- For Athletes, Risks from Ibuprofen Use: <http://well.blogs.nytimes.com/2012/12/05/for-athletes-risks-from-ibuprofen-use/>
- Fish Oil Might Help Immune System Post-Marathon: <http://www.runnersworld.com/nutrition-runners/fish-oil-might-help-immune-system-post-marathon>
- Live as Long as an Olympian: <http://well.blogs.nytimes.com/2012/12/19/live-as-long-as-an-olympian/>
- Two Studies Back Benefits of Ice Baths: <http://www.runnersworld.com/injury-prevention-recovery/two-studies-back-benefits-ice-baths>
- Study Gives Cold Shower to Ice Baths: <http://www.insidethegames.biz/358-news/1011609-study-gives-cold-shower-to-ice-baths>

Swim Suits for Sale: The suits range in brand, style, and colour. Prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask!

Caps and Goggles to Borrow: I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. Latex caps are 50c (plus a few brand new latex caps for \$1) and silicone caps \$2. Just ask if you're interested in looking at these.

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; Lynn
8:30am Earlybirds: Deep End; Lynn

6pm Whitecaps: Shallow End Monday: Alex; Deep End Tuesday/Thursday: Lynn
7:10pm Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits
8:10pm Whitecaps: Shallow End; Mits (usually just 4 lanes available)
8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)
Exceptions will be noted here.

Fin Days:

Mon Feb 4th
Mon Mar 11th

Time Trials:

Tue Feb 12th 6pm / Wed Feb 13th: 400fs or IM
Tue Feb 26th 6pm / Wed Feb 27th: 2 x 50 choice
Thu Mar 7th 6pm / Fri Mar 8th: 100 choice
Thu Mar 21st 6pm / Fri Mar 22nd: 200 choice
Tue Mar 26th / Wed Mar 27th: 800 / 1500fs
Thu Apr 11th 6pm / Fri Apr 12th: relays

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint13.pdf>.

Once the term is underway, the weekday attendance statistics will be included here.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". I also need your address, phone number, and date of birth. Your MSO membership will be good until Dec 31st, 2013. Contact me for more details. Note that you must register with MSO before the **due date** of the entry for your first competition.

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/competition.schedule01.htm>.
For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2012-2013. For the ones listed "details TBA", the dates should be correct but the meets are not yet sanctioned. For the ones listed "TBC" I guessed at these using the dates from last year's schedule, so they could be completely wrong and/or not happening this season. More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Mon Jan 1st Sears Great Canadian Chill: Polar Bear Dip, Britannia Bay <http://thehill.ca/> (no MSO registration required)
Sat Jan 12th Clarington SCM <http://www.mastersswimmingontario.ca/pdf/ClaringtonJan22013.pdf>
Sun Jan 20th Alderwood SCY <http://www.mastersswimmingontario.ca/pdf/AlderwoodJan202013.pdf>
Sun Jan 20th Brockville SCM <http://www.mastersswimmingontario.ca/pdf/BrockvilleJan202012.pdf>
Sat Jan 26th Pointe-Claire SCM (TBC)
Sun Jan 27th Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technoJan272013.pdf>
Sat-Sun Feb 2-3rd Coupe de la Capitale LCM Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=13440>
Sun Feb 10th Burlington SCM <http://mastersswimmingontario.ca/pdf/BurlingtonFeb102013.pdf>
Sat-Sun Feb 16-17th LaSalle SCM (TBC)
Sat Mar 2nd Cote St-Luc SCM Montreal (details TBA)
Sun Mar 3rd Milton SCM (details TBA)
Sun Mar 3rd Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technomarch32013.pdf>
Sun Mar 10th Etobicoke LCM 1500 (TBC)
Sat Mar 16th Dollard-des-Ormeaux SCM (details TBA)
Thu-Sat Mar 28-30th Ontario Provincials SCM London <http://www.mastersswimmingontario.ca/pdf/ProvincialsLondon2013.pdf>
Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Olympic Pool (details TBA)
Sat Apr 20th Downtown Toronto All Out SCM (details TBA)
Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>
Fri-Mon May 17-20th Nationals SCM Nepean <http://www.cmssc2013.ca/>
Sat Jun 8th Longueuil LCM (details TBA)
Sat Jul 13th London ON LCM (TBC)
Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal <http://www.finamasters2014.org/>; Time Standards: <http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Testimonial on Achieving the TriRudy Award by First Time Winner **Margaret King** (7:30am Earlybirds)

(Ed Note: This is about a **lot** of racing!)

1) Of the five events, which one was your favorite? Why?

All 5 events were fun but if I had to pick a favourite it would be the Gatineau Loppet (with the Ironman placing a close second). I am not a competitive cross-country skier so my time reflects that - nonetheless I managed to take an hour off my time from the previous year which felt like an accomplishment. There is something special about being outdoors in mid-winter "sweating" through bitter cold as you race the clock through the scenic Gatineau Park. The experience has led me to sign up for my next adventure...the Canadian Ski Marathon with hopes of getting my bronze Coureur de Bois level!

2) Who did you do most of your training with this year, or did you do it alone? Was there a favourite workout? After all is said and done, do you feel stronger in swimming, biking, running, skiing, or skating or stronger in all of the above?

Training for the 5 events introduced me to a wider group of individuals who also take pleasure in pursuing a higher level of "fitness through fun" - you can't

"train and complain"! I swim with the Carleton Masters which keeps your technique in check and then enjoyed some long swims at Meech Lake with Susan and Colette (a few R.A.'s under their belt) and Nat and Dawn (potential R.A.'s!).

Running was mostly done on my own as everyone has a personal program to suit their routine. Many figure 8's around the city helped fill in the mileage required.

Spinning classes with Team Triumph and Carleton kept my legs in shape over the winter months and had the bonus of chatting with a stationary neighbour;) Did a lot of outdoor biking on my own and made a point of biking where I could instead of taking the car. Thanks Susan and Nat for joining me on some of the longest bike rides - much more fun with a bike buddy!

Cross-country skiing excited me as I had always had a pair of skis but never enough time to really enjoy them. Finding an all women's ski group (via Joanne Holden: SOFITS) put me on the hills regularly and increased my respect for this sport and its enthusiasts.

As for skating - I relied on muscle memory to get me through the wintertide triathlon as I only managed to get out once before race day.

I definitely feel stronger in all of these athletic pursuits (omit the skating) and the improvements I felt in each sport gave me the confidence to try one more that is not on the list but became an integral part of my exercise routine: dragon boat paddling with the SportChicks...a team of 22 women with a competitive edge.

3) Has your outlook changed toward fitness? Do you feel you are a better person, mentally/physically for doing the award?

The past year has made a big difference in how I look at fitness. It is no longer something I put off because...(fill in any excuse here). Instead each workout in a week is simply a part of my week - just like preparing a meal, getting ready for work, reading a book etc. I make time for it because it is important to me and according to recent studies on exercise and longevity I am planning to hit 90 with a pair of skis on my feet!

4) Did TriRudy play a part in this years' effort? Is there anyone you would like to thank?

TriRudy was a mainstay (and still is) of how I filled in the gaps of my knowledge with respect to training, equipment, what races looked interesting, feedback on many local happenings etc.

Well I guess I would like to thank you, Rudy! I love a challenge and a goal and you put one up there that radiates a sense of accomplishment when achieved. My family is next in line as they managed to let me do what I had to do without complaining!

5) Would you do it all over again or are you looking for another focus for 2013?

6 years ago, when I did my first sprint tri, I would never have thought it would lead to doing an actual Ironman. I hopefully will be able to repeat this challenge but it looks like it won't be this year. I have to do some "interval training" with my decision making skills - who knew these Ironman events filled up so quickly!!? In the meantime I will train this winter for the CSM in February and the SportChicks' training is on track for the Dragon Boat World Championships in Italy in 2014!

Sometimes the whole picture fades from view when you are hyper-focused on what is directly in front of you. Fortunately I had an extra pair of eyes to guide me on my journey this past year in quest of the Rudy Award.

As a "first timer" I benefited enormously from the guidance of Julia Aimers (Team Triumph) who created a pathway through the "forest" that ultimately helped me achieve my goal. She was also the one who six years ago encouraged me to enter the sport of triathlons.

She is still an encouraging voice to a group of women (ok...and a few guys) who strive towards a "personal best". The group, in turn, has passed on their positive energy to the community yearly raising money for Harmony House and contributing to the Ottawa Food Bank.

Thanks Julia...my Rudy Award testimonial was not complete until these words were written.

Getting High in Antigua by Chris Macknie (7:30am Earlybirds)

(Ed Note: Not really a race, but a great story!)

The morning after the Sat Dec 1st Rudy Awards **Zoe Panchen** (7:30am Earlybirds) and I got up at 4 a.m. to fly to Antigua for a week's holiday. (I was pretty sure we would not get stranded by snow in a hut on this vacation.) I hadn't told Zoe where we were going and managed to keep the destination quiet while packing (though she got kind of nervous when I jokingly added fleece and wool clothing to my pile of clothes) and while travelling through the Ottawa and Toronto airports. She didn't discover where we were going until we got on the plane in Toronto.

Without sounding too much like a shill for the Antigua Tourism Board, this was one of our favourite holidays. We loved everything about the country. We stayed at a three-star all-inclusive resort on a beautiful, uncrowded beach. During our time there we went snorkeling, kayaking, sailing, swimming, biking and running - and ate and drank way too much.

From our resort I could see communication towers at the top of Mount Obama, the highest point of the island at 402m. (The 'mountain' was renamed from Boggy Peak to Mount Obama after the 2008 U.S. presidential election - I guess Antigua knows who butters their bread when it comes to foreign aid.) I knew there was a road to the top of the mountain, so I thought it would be a good challenge to run up it. From the rough road map we had, it looked like it was about a 7K run from our resort to the access road, then two or three kilometres steeply up the access road to the top.

I knew I'd want to start running as early in the day as possible, as the temperature was a consistent 27-30 degrees - day and night - the entire time we were in the country. It was tough getting up before dawn last Friday but, I thought, how often do you have the chance to run to the top of a country?

I headed out from our resort just as it was getting light and was surprised to see a few other runners - both tourists and locals - out for a run as well. Other than the killer heat, Antigua is a fine place to run, as drivers are courteous and there are a minimum of stray dogs chasing after runners. The scenery was spectacular. Much of this run was right along the coast, with the blue Caribbean Sea on one side and lush green jungle on the other.

The only problem about running from our resort to the top of the mountain was that I didn't know exactly where the unmarked access road started. It turned out to be further away from the resort than I thought. I asked a couple of people where it was and finally got the answer, "Da firs' left afta dee pineapple fahm." Zoe and I had passed the pineapple farm while cycling the previous day, so I knew where to turn off.

It took me 42 minutes to get to the access road, so I figured it was actually about 9k from the resort, a bit farther than I thought. The access road started right at sea level and was a rough, slightly uphill track heading straight inland for about 1k. I passed a couple of braying donkeys and farms but I didn't see any sign of people. Then the road turned into a concrete track as it steeply gained height through the jungle. Another kilometre further on was a sign that read, "Private Road - No Admittance to Unauthorized Persons." I pretended not to see this sign, as I thought there wouldn't be anyone around this early in the day.

By now I was working really hard, sweating profusely and breathing heavily. A few hundred metres past the sign I saw guard's hut at the side of the road, with a brand new SUV parked beside it. I figured the guard was sleeping in the hut, so I tried to breathe as quietly as possible and to take light footsteps as I passed. I made it past the hut without disturbing anyone and continued upward. A short time later another sign read "Engage Four-Wheel Drive Now!" As I rounded a corner I found out why: Ahead of me appeared the steepest stretch of road I've ever seen - much steeper than The Beast in nearby St. Croix. I'd guessed the incline was greater than 30 degrees and it was actually more expedient to walk, rather than run, up this 200m section of road.

A few more hairpin turns (with two more stretches of walking the steepest parts) brought me to the top of the road and the top of the country. There was a locked, barb-wire topped gate and fence at the end of the road, but I was able to follow along the edge of the fence to the very top point of the island, from where I could see virtually the entire country. It took 25 minutes to run to the top from the start of the access road. I estimate the road was about 4k long, so a 400m elevation gain would mean an average incline of 10 per cent - but it was just one hill!

I'm not the most confident runner when it comes to downhill, so I took it pretty easy going down, especially on the steepest sections. I wasn't much faster going down than up, as it took 23 minutes to get back down to sea level.

I hadn't brought any water with me, figuring I could buy some at a shop if I needed to. I was pretty parched on the run back to the resort so I ducked into "Good VibeZ," a tiny hole-in-the-wall shop, where I bought some ice cold water and a bag of salty chips. I was drenched head to toe in sweat, and was very apologetic in giving the shop owner a totally sweat-soaked Eastern Caribbean five dollar bill. "No problem, mon," was his cheery response. I sat in front of his shop while I ate and drank, while enjoying the songs of thanks and praise his Rasta employee sang in a melodic baritone voice while sweeping the floor.

My legs felt very rubbery - probably from the steep descent - during the final couple of kilometres back to the resort, and I was really glad I had not chosen a vacation which included running a marathon. Not including the water/food break, it took 41 minutes to run back to the resort, for a total running time of 2 hr 11 min and a distance of about 26km. You can't do any better for refueling from a run in the tropics than fresh pineapple, cantaloupe and coffee, which is what I had for breakfast back at the resort.

So I can now add Antigua to Argentina, Spain, Kenya, Tanzania, Malaysia, Australia and Papua New Guinea (plus Wales if you go by FIFA rules) as places where I've climbed to the top of the highest mountain in the country. Antigua is certainly the only one on that list where I've been able to run to the top!

2012 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 (by gender and age group both SCM and LCM) at:
<http://www3.sympatico.ca/chberger/#canada> (last update Dec 22nd).

Ask the Coach

Dear Coach: How do I know when to stop and how much rest to take during the main set? New Swimmer

Dear N. Swimmer: Unless you are told otherwise, you should stop after every repeat listed. A repeat can be anywhere from 25m to 1500m in length. For example if the set is 25, 50, 75, 100, you would stop after each of those distances. Normally a pace time is given for each distance. Thus, you would rest until the end of the time interval given. For example, if the pace time was 45 seconds for the 25m swim and it took you 35 seconds, you would have 10 seconds rest. If you are finding that you are not getting any rest (or nearly no rest) or eons of rest, talk to your coach about adjusting the pace times or moving to a lane that is better suited.

Dear Coach: You often give us 50 choice easy (50ch ez) between sets. How long should that take? Impatient Swimmer

Dear I. Swimmer: The 50 easy should be done at a comfortable pace. However, you should not be waiting around for too long or swimming super slowly while you do it. Generally, it should take about 1:15 to 1:30, including getting organized for the next time through the main set. If there is time to do kick or time for a lane meeting, you are right to get impatient!

Private and Semi-Private Masters Swim Lessons

January Availability:

Mon 9:45-10:45am Jan 7, 14th

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Winter Masters Programs:

As staff need to check your membership, you must register in person or by phone (613-520-4480) for Masters. Here are the program details:

Winter: Wed Jan 2nd to Fri Apr 12th (no workouts: Tue Jan 1st; Mon Feb 18th; Fri Mar 29th; Mon Apr 1st)

7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4821; cost \$122+HST; Coach: Lynn: **full** (waitlist available)

8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4822; cost \$122+HST; Coach: Lynn

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4825; cost \$134+HST; Coaches Alex (Mon) and Lynn (Tue/Thu): **full** (waitlist available)

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST; Coaches: Alex (Mon) and Mits (Tue/Thu)

8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4829; cost \$91+HST; Coach: Mits

8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4823; cost \$42+HST; Coaches: rotating schedule

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at:
<http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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Club website: <http://carletonmasters.tripod.com>